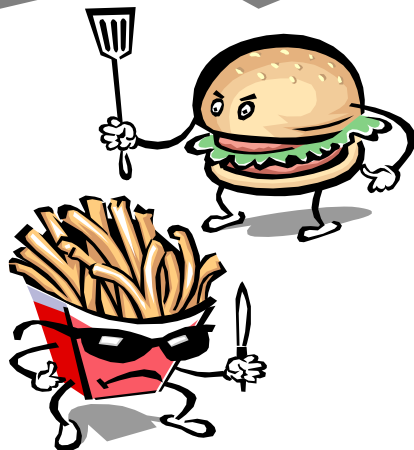


Good News for Fast Food



Do You Know ...

... that fast food chains have made tasty changes to help you eat right?

Every chain now offers at least a few items that are delicious and nutritious - because that's what people want!

How can I eat fast and healthy?

- Say NO thanks to combo or "value" meal deals.
- Swap super-size for regular size items.
- Substitute milk, water or 100% juice for soft drinks.

Two sneaky (and cheap) ways to eat well in the drive-thru

KIDDIE-SIZE

- With a kids meal, you get reasonable amounts of your favorite foods, like a burger and fries.
- For your best nutrition buy, ask for low-fat milk, water, or 100% juice with your meal.

SHARE

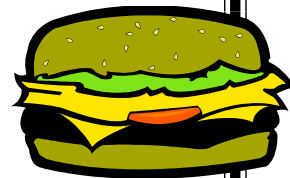
- There is a smart way to make gigantic portions work for you - share them with a friend!
- When you split a large fries, you eat less fat and fewer calories plus you'll save money.

Eat to be Fit

Q: *What are my best options in the fast food lane?*

A: There are tasty, healthy items EVERYWHERE.

Here are a few of the best fast food picks. Since menus change often, check the Web for updated information on your favorite places.



- **ARBY'S:** www.arbys.com/arb06.html
 - ✓ Regular Roast Beef (350 calories)
 - ✓ Asian Sesame Salad (385 calories with 1/3 packet of dressing)
- **BURGER KING:** www.burgerking.com/Food/Nutrition/index.aspx
 - ✓ Whopper Junior ~ hold the mayo (310 calories)
 - ✓ Fire-Grilled Chicken Baguettes (350 calories)
- **KFC:** www.kfc.com/kitchen/nutrition.htm
 - ✓ Tender Roast Sandwich ~ (318 calories with 2 teaspoons sauce)
 - ✓ BBQ Beans + small Corn-on-the-Cob (300 calories)
- **McDONALD'S:** www.mcdonalds.com/usa/eat.html
 - ✓ Grilled Chicken Caesar Salad (263 calories with 1/3 packet of dressing)
 - ✓ Fruit and Yogurt Parfait with Granola (160 calories)
- **PIZZA HUT:** www.pizzahut.com/menu/nutritioninfo.asp
 - ✓ Thin 'n Crispy Veggie Lovers Pizza (340-360 calories for two slices)
 - ✓ Thin 'n Crispy Ham/Pineapple Pizza (340-360 calories for two slices)
- **SUBWAY:** www.subway.com/subwayroot/MenuNutrition/index.aspx
 - ✓ "7 Under 6" sandwiches (210-370 calories)
 - ✓ Mediterranean Chicken Salad (367 calories with 1/3 packet of dressing)
- **WENDY'S:** www.wendys.com/food/US_nutrition_topics.jsp
 - ✓ Junior Hamburger (270 calories)
 - ✓ Grilled Chicken Sandwich (360 calories)
- **TACO BELL:** www.tacobell.com/
 - ✓ Grilled Steak Soft Tacos (340 calories for two Fresco style tacos)
 - ✓ Bean Burrito (350 calories, Fresco style)

